

African Americans  
take the  
“5 A Day”  
Challenge  
for Better  
Health!





*A*frican Americans are at high risk for serious diseases like cancer, diabetes and stroke. Many people can avoid these diseases by making simple diet, health and lifestyle changes.

That's right! You can start making these changes **RIGHT NOW** by taking the **"5 A Day" Challenge**. That means eating any mix of five servings of fruits and vegetables everyday, like three vegetables and two fruits. Fruits and vegetables are an important part of a healthy diet. They are low in fat, and good sources of vitamins, minerals, and fiber.

Read on to learn how people are making changes in their lives to look better, feel better and live longer. Learn how **YOU** can do it too!





# WHY Take The “5 A Day” Challenge



“I almost died on my job from a stroke. My pressure was high, I ate greasy food every-day, and I wasn’t willing to change my ways. When I woke up in the hospital and didn’t have any feeling on my left side, I *knew* I had to make some changes. It took me nine months to get back on my feet. Now I get regular check-ups, try to exercise, eat plenty of fruits and vegetables and cut out the grease. Believe me, these changes have made a difference in my life!”

“I’ve known Joe for a long time. When he had a stroke on the job, it shook me up. I learned from my doctor that Black men have more strokes than anyone else. I’m young, but I know the things I do now will help me to be healthier later on. I learned a lot from Joe and my doctor and I’m making changes.”



“My grandbaby is the most important person in my life. I have diabetes but staying on my diet, exercising and watching my weight keeps it under control. The doctor said it’s important for me to eat fruits and vegetables, stay off fatty foods and watch my sweets. Instead of cakes and pies, I keep a lot of fruit in the kitchen. I’m controlling my blood sugar and still enjoying treats with my grandson.”



“My mother lost a breast to cancer and my father had colon cancer, so I know my son’s chances of getting cancer are higher and mine are too. I make sure we get regular check-ups, eat lots of fruits and vegetables and exercise. My doctor said I’m doing the right things to cut down on our chances of getting cancer.”



Here are some fast and easy tips to help you meet the “5 A Day” Challenge!

## BREAKFAST

- Drink a glass of juice.
- Add fruit to your waffles or pancakes.
- Add fruit to your hot or cold cereal.



## LUNCH

- Have vegetable soup or a salad.
- Eat a piece of fruit like an apple, banana or a peach.
- Add lettuce and tomatoes to your sandwich.



## SNACK

- Snack on grapes or raisins instead of candy.
- Have a bowl of your favorite fruits.



## DINNER

- Eat beans cooked with non-fatty seasonings.
- Add fresh, sliced tomatoes or cucumbers to your dinner.
- Add vegetables to your rice or casserole.



To make sure you get “5 A Day” follow the serving guide below.

A serving is:

- 1 medium fruit or 1/2 cup of small or cut-up fruit
- 3/4 cup of 100% fruit juice
- 1/4 cup of dried fruit
- 1/2 cup of raw or cooked vegetables
- 1 cup raw leafy vegetables (lettuce, spinach)
- 1/2 cup cooked beans or peas (black-eyed peas, lima beans)



For more information on nutrition and diet, or to learn more about chronic diseases, contact: your local health department, your doctor or the organizations listed below.

Division of Community Health .....	1-803-734-5667
Cancer Information Service .....	1-800-4-CANCER (1-800-422-6237)
American Cancer Society .....	1-800-ACS-2345 (1-800-227-2345)
American Heart Association .....	1-800-AHA-USA1 (1-800-242-8721)
American Diabetes Association ....	1-800-DIABETES (1-800-342-2383)
American Lung Association .....	1-800-LUNG-USA (1-800-586-4872)

**Missouri Department of Health and Senior Services**  
**P.O. Box 570, Jefferson City, MO 65102-0570 - Telephone: 1-888-435-1464**

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